

CHEESE & HAM ROLL

A favourite for little and big kids alike! The shredded ham and golden cheese make our Cheese & Ham Roll the yummiest lunchbox filler around!

INGREDIENTS

Wheat Flour, Water, Ham: [Pork, Water, Salt, Sugar, Dextrose, Sodium Phosphate, Carrageenan, Smoke Flavour, Sodium Erythorbate, Sodium Nitrite, Smoke, Soy Protein Isolate, Brown Sugar, Spices, Flavour, Potassium Chloride, Sodium Citrate, Sodium Citrate, Sodium Diacetate, Sodium Diacetate, Sodium Lactate, Molasses Solids, Maltodextrin, Sodium Ascorbate, Maple Syrup, Maple Flavour, Honey, Dehydrated Pork Flavour, Caramel, Caramel Colour, Gelatin, Sea Salt, Vinegar, Cane Sugar, Cultured Celery Extract], Cheese: [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Enzyme (Amylase)

Contains: Milk, Soy, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 210	
Fat / Lipides 7g	11%
Saturated / Satures 3.5g	19%
Trans / Trans 0.2g	
Cholesterol / Cholesterol 25mg	
Sodium / Sodium 560mg	19%
Carbohydrates / Glucides 27g	9%
Fibre / Fibres 1g	4%
Sugars / Sucres 1g	
Protein / Proteines 11g	
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	10%
Calcium / Calcium	10%
Iron/ Fer	25%

*DV = Daily Value / VQ = Valeur Quotidienne



CHEESE ROLL

A soft white roll topped with golden baked cheese. Yum!

INGREDIENTS

Wheat Flour, Cheese: [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Enzyme (Amylase)

Contains: Milk, Wheat

May Contain: Sesame, Mustard, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 230	
Fat / Lipides 7g	11%
Saturated / Satures 4g	21%
Trans / Trans 0.2g	
Cholesterol / Cholesterol 15mg	
Sodium / Sodium 480mg	20%
Carbohydrates / Glucides 35g	10%
Fibre / Fibres 1g	4%
Sugars / Sucres 1g	
Protein / Proteines 10g	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	10%
Calcium / Calcium	10%
Iron/ Fer	15%

*DV = Daily Value / VQ = Valeur Quotidienne



PIZZA ROLL

Ham, cheese and tomato on top of a delightfully soft and chewy roll. Serve it heated for breakfast or try it as a quick and easy snack on the run. Perfect for kids' lunchboxes.

INGREDIENTS

Wheat Flour, Ham: [Pork, Water, Salt, Sugar, Dextrose, Sodium Phosphate, Carrageenan, Smoke Flavour, Sodium Erythorbate, Sodium Nitrite, Smoke, Soy Protein Isolate, Brown Sugar, Spices, Flavour, Potassium Chloride, Sodium Citrate, Sodium Citrate, Sodium Diacetate, Sodium Diacetate, Sodium Lactate, Molasses Solids, Maltodextrin, Sodium Ascorbate, Maple Syrup, Maple Flavour, Honey, Dehydrated Pork Flavour, Caramel, Caramel Colour, Gelatin, Sea Salt, Vinegar, Cane Sugar, Cultured Celery Extract], Cheese: [Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Water, Pizza Sauce: [Tomatoes, Salt, Spices, Garlic, Citric Acid], Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Amylase

Contains: Milk, Soy, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 110g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 300	
Fat / Lipides 9g	14%
Saturated / Satures 5g	26%
Trans / Trans 0.2g	
Cholesterol / Cholesterol 35mg	
Sodium / Sodium 820mg	34%
Carbohydrates / Glucides 37g	12%
Fibre / Fibres 1g	4%
Sugars / Sucres 2g	
Protein / Proteines 15g	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	15%
Calcium / Calcium	15%
Iron/ Fer	30%

*DV = Daily Value / VQ = Valeur Quotidienne



HAM & CHEESE CROISSANT

Our flaky and flavoursome Ham & Cheese Croissant combines crispy ham with golden cheese to create a great little hunger buster!

INGREDIENTS

Pastry [Enriched Wheat Flour, Butter, Water, Sugar, Yeast, Liquid Egg Whites, Salt, Whey Powder, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Ascorbic Acid, Enzymes, Wheat Gluten], Cheese [Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Ham [Pork, Carrageenan, Water, Salt, Pork Flavour, Potassium Chloride, Sugar, Sodium Phosphate, Dextrose, Salt, Sodium Ascorbate, Sodium Nitrite, Spice Extractives], Sunset Glaze [Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrins, Starch]

Contains: Wheat, Egg, Milk

May Contain: Sesame, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 70g (1 croissant)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 230	
Fat / Lipides 13g	20%
Saturated / Satures 8g	41%
Trans / Trans 0.1g	
Cholesterol / Cholesterol 35mg	
Sodium / Sodium 310mg	13%
Carbohydrates / Glucides 21g	7%
Fibre / Fibres 1g	4%
Sugars / Sucres 3g	
Protein / Proteines 7g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	8%
Calcium / Calcium	6%
Iron/ Fer	8%

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SPINACH & FETA CROISSANT

Our flaky and flavoursome Spinach & Feta Croissant combines luscious spinach and feta cheese chunks to create a great little hunger buster!

INGREDIENTS

Pastry [Enriched Wheat Flour, Butter, Water, Sugar, Yeast, Liquid Egg Whites, Salt, Whey Powder, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Ascorbic Acid, Enzymes, Wheat Gluten], Spinach, Sunset Glaze [Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrins, Starch]

Contains: Milk, Wheat, Egg

May Contain: Sesame, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 80g (1 croissant)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 240	
Fat / Lipides 13g	20%
Saturated / Satures 8g	40%
Trans / Trans 0g	
Cholesterol / Cholesterol 35mg	
Sodium / Sodium 280mg	12%
Carbohydrates / Glucides 26g	9%
Fibre / Fibres 1g	4%
Sugars / Sucres 3g	
Protein / Proteines 5g	
Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	15%
Calcium / Calcium	4%
Iron/ Fer	10%

*DV = Daily Value / VQ = Valeur Quotidienn



CINNAMON BUN

A new level of indulgence! Our Cinnamon Bun has a deliciously gooey sweet cinnamon filling topped with a cream cheese icing that oozes throughout.

INGREDIENTS

Wheat Flour, Cream Cheese Icing: [Icing Sugar (Sugar, Corn Starch), Cream Cheese [Milk Ingredients, Bacterial Culture, Salt, Carob Bean Gum], Vegetable Oil Shortening [Canola, Modified Palm And Palm Kernel, Palm, Mono And Diglycerides, Citric Acid], Water, Corn Syrup, Potassium Sorbate, Polysorbate 60], Sugar, Water, Margarine, Yeast, Vegetable Oil (Sunflower, Hydrogenated Soybean, Cottonseed), Salt, Cinnamon, Glucose, Malto-dextrin, Agar, Pectin, Citric Acid, Sodium Citrate, Potassium Sorbate, Dextrose, Sodium Strearoyl Lactylate, Mono-diglycerides, Ascorbic Acid, Protease, Ethyl Alcohol, Propylene Glycol, Flavour

Contains: Wheat, Milk, Soy

May Contain: Sesame, Mustard, Egg, Peanut, Tree Nuts, Seafood

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 130g (1 bun)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 420	
Fat / Lipides 14g	22%
Saturated / Satures 3.5g	19%
Trans / Trans 0.2g	
Cholesterol / Cholesterol 5mg	
Sodium / Sodium 470mg	20%
Carbohydrates / Glucides 66g	22%
Fibre / Fibres 2g	8%
Sugars / Sucres 31g	
Protein / Proteines 7g	
Vitamin A / Vitamine A	8%
Vitamin C / Vitamine C	10%
Calcium / Calcium	4%
Iron/ Fer	25%

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OPTIONAL CHEESE & TOMATO ROLL

Grab one of these for lunch on the run! A soft white roll topped with flavoursome tomato sauce and golden baked cheese. Yum!

INGREDIENTS

Wheat Flour, Tomato Sauce: [Tomatoes, Salt, Spices, Garlic, Citric Acid], Cheese: [Pasteurized Milk, Modified Milk, Salt, Calcium Chloride, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin], Salt, Yeast, Sunflower Oil, Malted Barley Flour, Ascorbic Acid, Lipase, Amylase

Contains: Milk, Wheat.

May Contain: Sesame, Mustard, Tree Nuts

NUTRITION INFORMATION / VALEUR NUTRITIVE

Per / par 85g (1 roll)

AMOUNT / TENEUR	% DV* / % VQ*
Calories / Calories 200	
Fat / Lipides 6g	9%
Saturated / Satures 3.5g	19%
Trans / Trans 0.2g	
Cholesterol / Cholesterol 15mg	
Sodium / Sodium 470mg	20%
Carbohydrates / Glucides 27g	9%
Fibre / Fibres 1g	4%
Sugars / Sucres 1g	
Protein / Proteines 9g	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	10%
Calcium / Calcium	10%
Iron/ Fer	15%

*DV = Daily Value / VQ = Valeur Quotidienne

